

TOUGHMAN RULES
MEDICAL FIGHTERS AGE 41 OR OLDER

All Toughman competitors requesting to compete in Alabama age forty-one or older must submit the below listed seven items. Documents should be compiled by the Promoter and submitted in one complete package to the Executive Director no less than fifteen days prior to the start of the event. The package will be reviewed by the Executive Director, Board of Commissioners, and Medical Advisory Board for approval/denial.

1. Annual Exam, Blood Testing, Annual Eye Exam
2. Initial MRA Brain
3. Annual MRI Brain
4. Annual ECG and Perfusion Study
5. Annual Formal Neuropsychological Testing
6. Dilated Pupillary Retinal Exam
7. Annual CBC and CMP

Incomplete or documents not received fifteen days prior to the event will be denied.